CLAIMS:

1. A mains electrical power wiring assembly for wiring of a mains electrical power supply from a main switch board in a building which is comprised of a loom with at least one cable having at least two separately insulated electrically conducting cores where at least the cores are held together at least at a beginning portion of the loom, and the cable or cables is or are each terminated with each core being electrically connected to an appropriate connection within a female socket and where there are a plurality of such female outlet sockets which are arranged to be located each at spaced apart locations through a building for convenient connection thereto by for each switched outlet or appliance a male plug to engage with a respective one of the sockets.

2. A mains electrical power wiring assembly for wiring of a mains electrical power supply from a main switch board in a building as in the immediately preceding claim where there are at least one male connector adapted to electrically interconnect with a one of the female connectors and where there is a further cable connecting this male connector to a unit at its end.

3. A mains electrical power wiring assembly for a building which is comprised of at least two cables each having at least two separately insulated electrically conducting cores where the said at least two cables are joined together at least at a beginning part of the looms, and each of the cables is terminated with a socket.

4. A mains electrical power wiring assembly as in the immediately preceding claim further characterised in that there are more than two cables held together at the least at a beginning of the loom.

5. A mains electrical power wiring assembly as in the preceding claims further characterised in that the loom at its beginning has ends which are either bared or adapted to be bared so as to be able to be connected into a traditional connector block or other electrical connection.

6. A mains electrical power wiring assembly as in any one of the preceding claims further characterised in that at least one of the cables is a three core cable and it has at least one three-pin sockets connected at its end.

7. A mains electrical power wiring assembly as in any one of the preceding claims further characterised in that each of the cables at its end has a length of cable which is free from been tethered to the remaining loom of cables.

8. A mains electrical power wiring assembly as in any one of the preceding claims further characterised in that each of these cables may in turn give rise to two at a plurality of branches stemming the from.

9. A mains electrical power wiring assembly as in any one of the preceding claims further characterised in that there is provided in conjunction with such a loom, at least one connector which comprises a cable having at one end a plug and at a further end a socket of a type adapted to the fixed into position as an accessible socket for a user of the building.

10. A mains electrical power wiring assembly as in any one of the preceding claims further characterised in that such a connector with its socket and its end also includes with the socket, a switch to effect an opening or closing of connection of the cable to pins of the socket.

11. A method of wiring a building for mains electrical power, where is the first step of locating an assembly as characterised in any one of the preceding claims where, at a beginning of the loom incorporated in the assembly, at least two of the cores are connected to an electrical junction connector such as those provided by an electrical power supplier authority either by way of a metre box or otherwise, and then locating the loom so that at least some of the sockets are at spaced apart localities for supply of electrical power through each said one of an outlet female socket then locating the sockets in distributed fashion through the building.

12. A building which has a mains electrical wiring installation where installation is provided by being a loom as in any one of the preceding claims where this is directed to a mains electrical power wiring assembly.

13. A building as in the immediately preceding claim further characterised in that each female socket is connected electrically so that each electrical pin is connected to a common core in a main backbone cable.

14. Any one of the preceding claims where a mains electrical power supply for which the assembly is applicable is an electrical power supplying power within the range of approximately 50 Hertz to 60 Hertz frequency and a voltage which will be approximately within a range of from110 volts to 450 volts.

15. A building as in any one of the preceding claims directed to a building where there is an integration of a common trunk cable system where there is a cable or cables at a beginning end which is or are held together either by being held by an insulating sleeve or by being tied together by one or more cable ties.

16. A method of wiring a building for the distribution of electrical power through the building where the building includes a mains power supply switch board adapted to be connected or being connected to a mains electrical power supply, the method including the steps of having a pre-made up loom which has at one end electrically connecting ends adapted to be secured to the electrical power connections of the switchboard, a common trunk acting as a backbone extending along a length of the loom and having at each of spaced apart locations from the said first end, a female socket having electrical connections completed through a cable of the loom to interconnect electrically the respective receiving pins of the socket to the electrical supply of the switch board.

17. A method as in the immediately preceding claim further characterised in that the spaced apart locations are spaced apart an equal distance one with respect to the immediately adjacent socket.

18. A method as in either one of the two immediately preceding claims further characterised in that there is further inserted so as to make electrical contact with at least one of the female sockets a male plug which has a completed electrical cable which has at a further end a completed electrically connected unit.

19. A method as in the immediately preceding claim further characterised in that the unit is a further female socket and switch adapted to be securely mounted in or on a part of the building.

20. A method as in the preceding claim further characterised in that the unit is a lighting fixture.